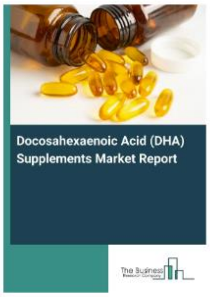

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Docosahexaenoic Acid (DHA) Supplements Global Market Report 2026

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Description

Docosahexaenoic acid (DHA) supplements are specialized dietary products that deliver DHA, a vital omega-3 fatty acid essential for brain, eye, and heart health, and are widely used by people of all ages - including pregnant women, infants, and adults-to support cognitive development, maintain overall wellness, and address omega-3 deficiencies.

The primary forms of docosahexaenoic acid (DHA) supplements include fatty acids, phospholipids, seafood fats and oils, and additional varieties. Fatty acids serve as organic compounds that function as key components of lipids and deliver essential nutrients. They come in formats such as capsules, softgels, gummies, powders, and more, derived from sources like fish oil, algal oil, krill oil, and others. Distribution occurs via online retailers, supermarkets or hypermarkets, specialty stores, and similar channels, with main uses in areas like infant formula, dietary supplements, functional food and beverages, pharmaceuticals, and others.

Tariff and Supply Chain Context

Tariffs are influencing the docosahexaenoic acid supplements market by increasing costs of imported fish oil, algal oil, encapsulation materials, and processing equipment. North America and Europe are most affected due to reliance on imported marine and algal raw materials, while Asia-Pacific faces cost pressure on export-driven dha production. These tariffs are raising manufacturing costs and influencing retail pricing. However, they are also encouraging local algae cultivation, sustainable sourcing initiatives, and regional processing capabilities to reduce long-term supply risks.

Report Scope

The docosahexaenoic acid (dha) supplements market research report is one of a series of new reports from The Business Research Company that provides docosahexaenoic acid (dha) supplements market statistics, including docosahexaenoic acid (dha) supplements industry global market size, regional shares, competitors with a docosahexaenoic acid (dha) supplements market share, detailed docosahexaenoic acid (dha) supplements market segments, market trends and opportunities, and any further data you may need to thrive in the docosahexaenoic acid (dha) supplements industry. This docosahexaenoic acid (dha) supplements market research report delivers a complete perspective of everything you need, with an in-depth analysis of the current and future scenario of the industry.

Market Size and Forecast

The docosahexaenoic acid (dha) supplements market size has grown rapidly in recent years. It will grow from $2.12 billion in 2025 to $2.34 billion in 2026 at a compound annual growth rate (CAGR) of 10.3%. The growth in the historic period can be attributed to growing awareness of omega-3 health benefits, increased use of dha in infant nutrition, expansion of dietary supplement consumption, rising prevalence of lifestyle-related health concerns, availability of marine-derived dha sources.

The docosahexaenoic acid (dha) supplements market size is expected to see rapid growth in the next few years. It will grow to $3.43 billion in 2030 at a compound annual growth rate (CAGR) of 10.1%. The growth in the forecast period can be attributed to increasing demand for plant-based omega-3 supplements, rising focus on sustainable sourcing of dha, expansion of functional food fortification, growing adoption of preventive healthcare supplements, increasing innovation in dha delivery formats. Major trends in the forecast period include increasing adoption of algal-based dha sources, rising demand for prenatal and infant dha supplements, expansion of microencapsulation technologies, increasing preference for clean-label omega-3 products, enhanced focus on brain and cognitive health.

Growth Driver: Dietary Supplements

The rising popularity of dietary supplements is anticipated to fuel the expansion of the docosahexaenoic acid (DHA) supplements market in the years ahead. Dietary supplements consist of products with vitamins, minerals, herbs, or other nutrients intended to boost nutrition and promote general health. Their usage is climbing due to heightened consumer focus on health and wellness, prompting individuals to pursue extra nutrients for preventing illnesses and maintaining nutritional balance. Amid this shift, DHA supplements are increasingly popular for addressing nutrient deficiencies, aiding brain development, bolstering heart health, and enhancing vitality. For instance, in September 2025, the Australian Bureau of Statistics - a national statistical body in Australia-reported that about 33.6% of people aged 2 and older, or roughly 8.5 million individuals, took dietary supplements in 2023, marking a 17% rise from 2022. Thus, the growing use of dietary supplements is propelling the docosahexaenoic acid (DHA) supplements market forward.

Product Innovation

Major companies in the docosahexaenoic acid (DHA) supplements market are prioritizing the creation of innovative products, like algal oil-based polyunsaturated fatty acid (PUFA) supplements, to improve bioavailability, sustainability, and health benefits tailored to consumers. Algal oil-derived polyunsaturated fatty acid (PUFA) supplements are nutrient-dense products derived from algae, delivering elevated levels of omega-3 fatty acids-especially DHA - to promote cognitive performance, heart health, and general well-being. For example, in December 2024, Nature's Bounty, a U.S.-based dietary supplements firm, introduced a plant-based omega-3 supplement as a vegetarian substitute for conventional fish oil. A single softgel supplies 520 mg of omega-3s, featuring EPA and DHA to aid heart, joint, and skin health. This sustainable, odor-free, plant-sourced option appeals to those pursuing vegetarian wellness, offering advantages for circulation, energy metabolism, and cardiovascular function.

Mergers and Acquisitions

In October 2024, KD Pharma Group SA, a Switzerland-based pharmaceutical company, acquired DSM-Firmenich's Marine Lipids business for an undisclosed sum. This acquisition positions KD Pharma Group SA to become the world's leading omega-3 manufacturer, strengthen its dominance across the full omega-3 value chain, enhance global production and distribution, and widen its product portfolio in food, dietary supplements, and pharmaceuticals. DSM-Firmenich's Marine Lipids business, a Switzerland-based chemical firm, focuses on supplying docosahexaenoic acid (DHA) supplements.

Major Companies

Major companies operating in the docosahexaenoic acid (dha) supplements market are Archer Daniels Midland Company, BASF SE, Stepan Company, Corbion N.V., Pharmavite LLC, Neptune Wellness Solutions Inc., NOW Foods, Bioplus Life Sciences Private Limited, KD Pharma Group SA, Nordic Naturals Inc., Clover Corporation Limited, Arjuna Natural Extracts Ltd., Aker BioMarine AS, Source Omega LLC, Epax Norway AS, Jiangsu Auqi Marine Biotechnology Co. Ltd., Navchetana Kendra Health Care Private Limited, **Novotech Nutraceuticals Inc.**, AlgalR NutraPharms, Koninklijke DSM N.V., Huve Nutraceuticals Ltd.

Regions and Countries Covered

North America was the largest region in the docosahexaenoic acid (DHA) supplements market in 2025. The regions covered in the docosahexaenoic acid (dha) supplements market report are Asia-Pacific, South East Asia, Western Europe, Eastern Europe, North America, South America, Middle East, Africa.

The countries covered in the docosahexaenoic acid (dha) supplements market report are Australia, Brazil, China, France, Germany, India, Indonesia, Japan, Taiwan, Russia, South Korea, UK, USA, Canada, Italy, Spain.

Market Definition and Valuation Basis

The docosahexaenoic acid (DHA) supplements market consists of sales of chewable tablets, nut butters enriched with docosahexaenoic acid, and ready-to-drink nutritional shakes or smoothies. Values in this market are 'factory gate' values, that is, the value of goods sold by the manufacturers or creators of the goods, whether to other entities (including downstream manufacturers, wholesalers, distributors, and retailers) or directly to end customers. The value of goods in this market includes related services sold by the creators of the goods.

The market value is defined as the revenues that enterprises gain from the sale of goods and/or services within the specified market and geography through sales, grants, or donations in terms of the currency (in USD unless otherwise specified).

The revenues for a specified geography are consumption values that are revenues generated by organizations in the specified geography within the market, irrespective of where they are produced. It does not include revenues from resales along the supply chain, either further along the supply chain or as part of other products.

About the Report

Docosahexaenoic Acid (DHA) Supplements Market Global Report 2026 from The Business Research Company provides strategists, marketers and senior management with the critical information they need to assess the market.

This report focuses docosahexaenoic acid (dha) supplements market which is experiencing strong growth. The report gives a guide to the trends which will be shaping the market over the next ten years and beyond.